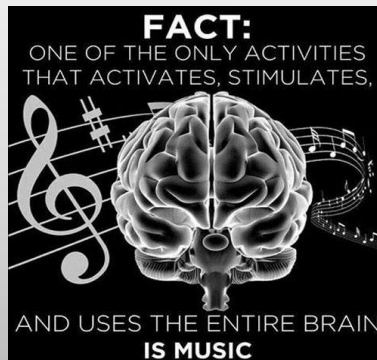


World Rocks Against Dementia (WRAD) Coming To Town

A worldwide musical event –

including both big events and small events



Date: March 23th to 25th, 2018



Want to get involved?
call the ADRC!



In March of 2017,
there were 76
events held
in 12 different
countries

Learn about
brain health

Watch for more information
or call the ADRC at 920-386-3580

<https://www.purpleangel-global.com/world-rocks-against-dementia.html>

MY FAVORITE CAREGIVER TIPS


- * Live in the moment
 - o Don't be so caught up in the "what's got to get done" that you don't have time to enjoy this time when you have your loved one's undivided attention
- * Dance/sing at least once a week
- * Get outside at least once a week
- * Do something fun that's just for you every day – even if you can only do it for 10 minutes
- * Visit your own doctor regularly
- * Get a good night's sleep
- * Ask for help if you need it
- * Breathe deeply
- ♥ Get and give at least one hug per day



****LAUGH!****



DID YOU KNOW?

- * The lowest temperature ever recorded in the state of Wisconsin: On Feb. 2, 1996, and again two days later, the thermometer plunged to 55 below zero in the Sawyer County village of Couderay.
 - * The deepest accumulation of snow on record in the Badger State was the 83 inches – that's nearly 7 feet! – measured on April 3, 1933, in the Flambeau Reservoir of far northern Wisconsin.
 - * The warmest winter temperature in state history was recorded on Feb. 26, 2000, when it was a balmy 69 degrees in Afton, Beloit, and Broadhead.
 - * It's a myth that no two snowflakes are exactly the same. In 1988, a scientist found two identical snow crystals. They came from a storm in Wisconsin.
 - * Each winter in the U.S., at least 1 septillion ice crystals fall from the sky. That's 1,000,000,000,000,000,000,000,000—24 zeros!
 - * The most snow to fall in a 24-hour period in the United States is 75.8 inches. In 1921, over six feet of snow fell between April 14 at 2:30 pm and April 15 at 2:30 pm in Silver Lake, Colorado.
- 

AND A FAVORITE QUOTE:

*IT IS THE SWEET, SIMPLE THINGS OF LIFE
WHICH ARE THE REAL ONES AFTER ALL.*

--Laura Ingalls Wilder

Help for caregivers is available in many different ways:

- * 24 hour call in line - **Alzheimer's Association** (always answered by a person) 800-272-3900
- * **Free telephone learning sessions.** (register ahead by calling 866-390-6491) different subjects each time. <http://caregiversos.org/caregiver-teleconnection/> Also starting a *Caregiver Telephone Support Group* that meets for 8 weeks at a time. Call 866-390-6491
- * **Veterans Caregiver Support** Line 855-260-3274
- * Visit **Caregiver Connection** on Facebook
- * Find tools at <http://www.caregiverslibrary.org/caregivers-resources/grp-checklists-forms.aspx>
- * Online help from **AARP**: <http://www.aarp.org/home-family/caregiving/>

Call the ADRC 920-386-3580

